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A penny worth $1 million and other numismatic marvels are on display at the World's Fair of Money, opening today. 4

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Boxers vs. briefs? Harvard study says, yes, underwear affects your sperm count

Researchers at the Harvard T.H. Chan School of Public Health looked into the age-old question of men's undies style.

Boxers vs. briefs, which should you choose? Depends on if you want to be a dad. PIXABAY

KRISTIN TOUSSAINT
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Science finally has an answer to the boxers versus briefs debate, thanks to a study out of Harvard University's school of public health — and Elaine Benes was right all along.

In "Seinfeld" Episode 90, which debuted in 1994, Elaine tells Kramer that if he ever wants to have kids he shouldn't wear briefs. "Boxers are much better for your sperm count," she says.

Now Harvard researchers have approved that claim, and unearthed some related info, thanks to a study from the T.H. Chan School of Public Health that looked into boxers versus briefs and sperm count.

In a study published this week, the researchers found that men who most frequently wore boxers had "significantly higher sperm concentrations," as well as higher total sperm counts compared with men who wore briefs more often.

That means that a man's choice in (restrictive) underwear may inhibit his sperm production, researchers said.

"Whether underwear choice affects sperm production has been a topic of research for several years," Lidia Mínguez-Alarcón, research scientist at the school of public health and lead author on the paper, told Metro.

While that was part of the inspiration for the study, Mínguez-Alarcón said that they wanted to look into if boxers versus briefs affected other markers of testicular function as well, like reproductive hormones and outcomes of DNA fragmentation. Sperm DNA fragmentation, when DNA strands break or separate, is significantly higher in infertile men.

In terms of reproductive hormones, the study looked at FSH levels, or "follicle stimulating hormones," a hormone released by the brain. Without normal FSH levels in men, experts say, it may be impossible to create normal sperm, leading to infertility.

So how does the boxers versus briefs debate play into these more sci-

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5 THINGS TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

Dollars and cents, shillings and pounds, whether it's wampum or paper currency, the history of money in its many forms will be presented in Philadelphia at the coming World's Fair of Money, with some of the nation's rarest and most valuable items of historic currency exhibited and up for auction. From double eagles to doubloons and a Miss Liberty silver dollar, the fair is running through the rest of the week. Read more inside and on **metrophilly.us.**

1 FBI AGENT STRZOK WHO CRITICIZED TRUMP FIRED

Peter Strzok, the FBI agent who came under fire from President Donald Trump and other Republicans for sending text messages that disparaged then-candidate Trump during the presidential campaign, was fired late Friday, his attorney said Monday. Strzok is the third high-ranking person to be fired from the Federal Bureau of Investigation during the Trump administration, including former Director James Comey. During his FBI career, Strzok rose to deputy assistant director, focusing on counterintelligence. After Justice Department internal investigators found the texts, Strzok was reassigned from special counsel Robert Mueller's investigation into the Trump campaign. The firing came after a lengthy internal investigation. Strzok's attorney, Aitan Goelman, said in a statement that FBI Deputy Director David Bowdich decided to terminate his client. The decision, Goelman added, was at odds with a recommendation by the FBI's Office of Professional Responsibility, which had called for Strzok to face a 60-day suspension and demotion from his supervisory responsibilities.

2 LA LIGA MAKES LANDMARK DEAL WITH FB IN INDIA

Spain's top-flight soccer division La Liga announced on Tuesday a landmark deal with Facebook that will allow viewers on the Indian subcontinent to watch every game over the next three seasons free of charge on the social network. A statement from La Liga said all 380 league matches for the new season, which begins on Friday, would be available to viewers in India, Afghanistan, Bangladesh, Bhutan, Nepal, Maldives, Sri Lanka and Pakistan. "We are really happy to be on a free-to-air service in such an important territory as the Indian subcontinent," Alfredo Bermejo, La Liga's head of digital strategy, told Reuters ahead of the announcement. "One of our goals for the last two years has been to offer content to the widest audience possible, so partnering with free platforms like Facebook, which has 270 million users in India, is key to us." Facebook and La Liga declined to give the price of the deal, which sees the social-networking giant unseat Sony Pictures Network as the rights holder in the region. Sony paid a reported $32 million for the right to broadcast La Liga between 2014 and 2018.

3 SPACEX INTRODUCES ITS ASTRONAUTS

SpaceX President Gwynne Shotwell (L) introduces NASA astronauts Bob Behnken (2L), Doug Hurley (3L), Mike Hopkins (3R) and Victor Glover (2R), who were chosen for the Commercial Crew Program to fly on the SpaceX Crew Dragon, in front of the Crew Dragon capsule clean room at SpaceX headquarters in Hawthorne, California, on Monday. At right is SpaceX Senior Adviser for Human Spaceflight Garrett Reisman. The astronauts will be the first to fly on an American-made commercial spacecraft to and from the International Space Station. The first manned operation mission is scheduled for April 2019.

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4 'STAND YOUR GROUND' SHOOTER CHARGED IN FLA

A Florida man was charged with manslaughter on Monday in a fatal shooting during an argument about a parking spot, a case that made headlines when police initially declined to arrest him due to the state's "stand your ground" self-defense law. Michael Drejka of Clearwater was taken into custody on Monday, the Pinellas County Sheriff's Office said in a statement. "We did our own investigation," said Bernie McCabe, the state attorney for Pinellas and Pasco counties who filed the charges, in explaining his decision to prosecute. "I made a decision based on what I determined we would be able to prove in court." Police had initially declined to charge Drejka, 48, over the July 19 shooting, citing a 2005 law that grants residents the right to use deadly force if they reasonably believe they are at risk of great harm or death. The case was sent to the state attorney's office for further review. The law, which removes legal responsibility to retreat from a dangerous situation, was cited as a factor in the fatal 2012 shooting of unarmed black teenager Trayvon Martin by a volunteer neighborhood watch captain, who was eventually acquitted.

5 TRUMP SIGNS WATERED-DOWN DEFENSE BILL

President Donald Trump signed a $716 billion defense policy bill on Monday that authorizes military spending and includes watered-down controls on U.S. government contracts with China's ZTE Corp. and Huawei Technologies Co. Trump signed the law at the U.S. Army's Fort Drum base in upstate New York on his way back to Washington after a 12-day working vacation at his golf club in New Jersey. The bill was named for one of Trump's political critics, the ailing U.S. Sen.John McCain of Arizona, but he did not mention McCain's name. McCain said in a statement he was "humbled" the bill was named after him, adding that it will address "a growing array of threats." Trump later made a reference to McCain at a political fundraiser in Utica, New York, knocking him — as Trump does repeatedly — for voting against a bill to repeal parts of President Barack Obama's signature healthcare reform law last year. Even though Trump said the bill "is the most significant investment in our military and our war-fighters in modern history."

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3 Philadelphia Tuesday, August 14, 2018

Get a glimpse of a million-dollar penny and other rare coins in Philly

The World's Fair of Money visits Philly this week with exhibits featuring coins worth millions of dollars.

SAM NEWHOUSE
sam.newhouse@metro.us

This silver dollar with the face of Miss Liberty with long flowing hair was made in 1794 in Philadelphia and will be on view at the World's Fair of Money. PROVIDED

Some $1 billion worth of rare coins and old paper currency will be on display in Philly at the World's Fair of Money starting Tuesday. That includes a million-dollar penny, a rare 1943 Lincoln cent, ancient Greek coins and a 1794-made silver dollar worth an estimated $2.75 million.

It will all be on display at the educational, family-friendly World's Fair of Money, to be held Aug. 14-18 at the Pennsylvania Convention Center. Organized by the nonprofit American Numismatic Association, the fair will also offer free, informal appraisals of visitors' old coins and currency, which they are encouraged to bring to the event.

"This will be a Philadelphia homecoming for these historic and valuable coins, some of which have never before been publicly displayed in the town in which they were minted," said Douglas Mudd, who is the director and curator of the American Numismatic Association Money Museum in Colorado.

The $2.75 million silver dollar, which displays the face of Miss Liberty with long flowing hair, was made in 1794 at the U.S. Mint in Philadelphia. Mint Director David Rittenhouse provided the silver to create some 1,758 coins, of which less than 150 are believed to survive.

Philly native Silvano DiGenova will exhibit this coin, insured at $2.75 million and one of the only such coins still in mint condition.

The million-dollar penny, which Philly coin dealer Bob Paul sold earlier this year, will be on exhibit at the fair. It's rare because it was made by mistake with a bronze alloy instead of zinc-coated steel, which was used at that time to preserve copper for World War II supplies.

Million-dollar penny and more

Other notable exhibits to check out at the World's Fair of Money include:

-The earliest known existing "half disme" (a nickel), made by David Rittenhouse in 1792 and now worth an estimated $2.5 million.

-Coins from the Confederate States of America.

-Alternate American currency from 1783 in the Nova Constellatio patterns, printed on the orders of then-U.S. Superintendent of Finance Robert Morris and intended to adopt the metric system. Four coins representing five, 100, 500 and 1,000 units of the alternate system are valued at an estimated $25 million. (One particular Nova Constellatio "quint," believed to be the first American coin ever minted and formerly owned by Alexander Hamilton, is valued at $5 million.)

-Modern-day $100,000 bills and $500 million Treasury notes, courtesy of the U.S. Department of Treasury.

-$1 million worth of historic California Gold Rush-era gold coins and bars recovered in 2014 from the SS *Central America*, which sank off the coast of the Carolinas during a hurricane in 1857.

The World's Fair of Money will be held in Hall D of the Pennsylvania Convention Center on Aug. 14-18. To learn more, visit money.org.

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Dallas, a pit bull rescued from an Ontario dogfighting ring, was facing euthanasia but now is entering training as a K-9. COURTESY OF THE THROW AWAY DOGS PROJECT

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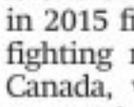
Meet Dallas, the pit bull saved from a Canadian dogfighting ring to get K-9 training

Philly's Throw Away Dogs Project will train "Ontario 21" pit bull saved from fighting for K-9 work.



SAM NEWHOUSE
sam.newhouse@metro.us

A pit bull who has led a precarious life for years — discovered in a massive Canadian dogfighting ring, scheduled for execution by animal welfare authorities and then freed by court order — is now on the way to a very unexpected second act: K-9 police dog training in the Philly area through the Throw Away Dogs Project.

"These dogs were ordered to be killed simply because of what they were labeled as," the Throw Away Dogs Project wrote in an announcement of pit bull Dallas being accepted into the program. "He will enter our program and start his journey in becoming a police dog."

Dallas, who arrived on Saturday in the South Jersey area for training, is one of 31 dogs rescued in 2015 from a huge dogfighting ring in Ontario, Canada, where pit bulls are outlawed. The dogfighting ring, which operated in the city of Chatham, led to five people being charged criminally. Three of the pit bulls were euthanized for medical reasons, and seven were deemed suitable for rehabilitation. The Ontario Society for the Prevention of Cruelty to Animals (OSPCA) had to seek a court order to euthanize the remaining 21 dogs.

The OSPCA said at the time that expert dog rehabilitators determined the animals "were the most game dogs they have ever seen. They are not pets, their focus is to kill."

But a legal challenge to the euthanasia order got widespread support under the #Ontario21 hashtag, and two years later, in 2017, the dogs were ordered released to pit bull advocacy groups.

One of those was Pit Sisters in Jacksonville, Florida, which received 14 pit bulls, some of them born at the OSPCA's facility to a dog who was pregnant when she was rescued. The Throw Away Dogs Project connected to Pit Sisters to evaluate potential candidates for its rigorous K-9 training program. After a visit to Florida, Throw Away Dogs Project co-founder Carol Skaziak and head trainer Bruce Meyers said they evaluated a pit bull named Dallas as a great candidate for their training program.

"Dallas is certainly on a mission and ready to show the world he can make a difference despite his tragic past," Throw Away Dogs Project said.

The Throw Away Dogs Project also picked up Munchkin and Eddie, two other dogfighting survivors, for evaluation toward potential placement.

The Throw Away Dogs project was started in 2014 to train stray dogs into K-9s by Skaziak and co-fouincer SEPTA K-9 cop Jason Walters, inspired by Walters' former K-9, the late Winchester, a German Shepherd who was brought to K-9 training straight from a shelter.

Since 2014, the Throw Away Dogs Project has trained some 24 stray dogs to become police canines and donated them to police departments across the country in need of a police dog.

It proved that pit bulls can serve as K-9s earlier this year, when Wildflower, a stray pit bull, completed narcotics-detection training and graduated to the Wetumka, Oklahoma, police department.

It has also in the past donated two dogs to SEPTA police. In 2017, the group was featured on "Dog Whisperer" Cesar Milan's show "Dog Nation."

ALL PHOTOS BRICK TOWNSHIP POLICE DEPARTMENT

Heavy rains flood Philly area, South Jersey

Streets were flooded, homes and businesses were soaked, and some people even had to be rescued from their cars around the Philadelphia area due to heavy rains walloping the region on Monday.

In Delaware County, crowded streets were flooded and cars were washed away. In South Jersey, entire neighborhoods were flooded and homes and cars were see sunken in feet of water, including in neighborhoods of Brick Township.

"The morning storms have caused extensive flooding throughout the township which has resulted in over 100 evacuations by police, EMS and fire departments in the Green Briar I Community," said Brick Township Police Department Chief James Riccio in a statement. "Citizens are asked to remain off of the roads and remain home as more severe storms are expected this afternoon and early evening."

Parts of the King of Prussia mall were slightly flooded, while police and fellow citizens helped rescue people caught in the waters from the flood around the area, including in Upper Darby.

"One gentleman tied some bed sheets together and tied it off to a railing to help rescue those stranded on Marshall Road," the Upper Darby Police Department said on Twitter. "Another gentleman rescued a baby from a vehicle but he quickly left so we could not get his name." It's unknown if more flooding is possible but continued rainstorms are in the forecast on Tuesday for the region. SAM NEWHOUSE

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Did Omarosa commit a crime by secretly recording White House meetings?

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Could this weekend's revelation that she made recordings in the Situation Room put her in legal jeopardy?

MICHAEL MARTIN
letters@metro.us

Former White House official (and "Apprentice" star) Omarosa Manigault Newman has claimed she secretly recorded President Trump and chief of staff John Kelly during White House meetings. Shocking political observers, she said that she recorded her firing by Kelly in the White House Situation Room, which is a SCIF (sensitive compartmentalized information facility), a secure place that is designed to prevent surveillance.

The Situation Room "is the inner sanctum within an already secure facility where the most sensitive of the most sensitive information is discussed," said former National Security spokesman Ned Price. "It's where negotiations with Iran were hashed out. It's where contingency plans for nuclear launches have been developed. The fact that she was recording a conversation in there really raises alarm bells in the minds of people who have worked in that room. It's a system based on honor and integrity, and there's a sign outside that says, 'Place your phones here.'"

Some have speculated that making the tapes might be a national-security violation and could put Manigault Newman in legal jeopardy.

"Who in their right mind thinks it's appropriate to secretly record the White House chief of staff in the Situation Room?" tweeted Republican National Committee chairwoman Ronna Romney McDaniel on Sunday. "Secretly recording conversations in the Situation Room isn't just wildly inappropriate, it's a threat to our national security. If she broke federal law, she should be prosecuted."

"In and of itself, there is no criminal provision implicated," said national security lawyer Bradley Moss. "If there isn't national defense information or classified involved, merely recording … in a SCIF is merely a security violation."

Tweeted former National Security Council spokesman Tommy Vietor: "I can't get that worked up about Omarosa taping General Kelly in the Situation Room. Yes, it's against the rules. Yes, it's a SCIF. But ultimately the sitroom is just a bunch of conference rooms. He didn't read the PDB (President's Daily Brief) aloud and then fire her. It was an unclassified discussion."

But former U.S. Attorney Joyce Vance said Manigault Newman should lawyer up regardless. "There is likely a technical crime or two that's been committed here," she said on MSNBC Sunday. "Obviously, prosecutors don't choose to prosecute every technical crime that's been committed, but she probably should get herself a lawyer and be in consultation."

Prosecutors rest case against Paul Manafort

GETTY IMAGES

U.S. prosecutors on Monday rested their case against former Trump campaign chairman Paul Manafort after 10 days of testimony alleging how he evaded taxes and defrauded banks, with the defense set to decide on Tuesday if it will call any witnesses.

As its final witness on Monday, the prosecution recalled a Treasury Department agent who testified that Manafort's consulting companies did not disclose their foreign bank accounts, as is required by law, in addition to him failing to do so personally.

"The government rests," U.S. prosecutor Greg Andres said after the agent completed her testimony.

Judge T.S. Ellis said he would talk to Manafort on Tuesday about whether he wanted to take the stand, something that legal experts say is highly unlikely.

Manafort's lawyers will also tell the court on Tuesday whether they plan to call any witnesses.

If the defense rests, closing statements would be next, after which the 12-person jury will begin deliberations.

Manafort is being tried on 18 counts, which include tax and bank fraud charges, as well the failure to disclose foreign bank accounts. If found guilty on all charges, he could face eight to 10 years in prison, according to sentencing expert Justin Paperny.

The trial is the first courtroom test for U.S. Special Counsel Robert Mueller, who indicted Manafort in October 2017 as part of his probe into Russian meddling in the 2016 U.S. election.

Manafort's lawyers on Monday asked for the charges to be thrown out, claiming that the prosecution failed to show the necessary willfulness to break the law.

Dan Goldman, a former federal prosecutor who attended the proceedings, called the action by Manafort's lawyers "pro-forma", adding, "very rarely are they successful."

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Brennan, asked about whether the bank made money from lending to Manafort, said the bank has written off the loans and "took a hit" of $11.8 million.

During the trial, more than two dozen witnesses took the stand and portrayed Manafort, 69, as a lavish spender with little regard for the law. As a political consultant for pro-Kremlin politicians in the Ukraine, Manafort earned some $60 million between 2010 and 2014.

Stashing the money in 31 offshore bank accounts, he skirted taxes by wiring it directly to vendors to snap up real estate and luxury goods, the witnesses said.

The trappings of Manafort's lifestyle dominated media headlines throughout the trial: there was half a million dollars worth of antique rugs, $750,000 spent on landscaping for his $13 million Bridgehampton mansion, and more than $1 million for clothing, including a $15,000 jacket made of ostrich skin.

Ellis closed the courtroom at the end of the day to hear arguments on a sealed motion that was filed earlier in the day.

While the contents of the motion are unknown, the development comes after an unexplained delay in the trial and unusually detailed instructions by Ellis to the jurors on Friday, in which he pressed them not to talk to anyone about the case. REUTERS

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entific questions?

"We found that men who wear tighter underwear have lower sperm counts, which was consistent with previous literature, but we were very surprised with the findings of higher FSH levels among this group of men," said Mínguez-Alarcón. "That hormone [in the brain] is responsible for the sperm production."

This suggests "a potential compensatory mechanism," she noted, in these men's bodies. Basically, when a man wears tighter underwear, his body tries to compensate for that restriction by amping up the production of this hormone to try to produce more sperm.

"The testicles are outside the body because they have to be a bit cooler than the temperature of the body," Mínguez-Alarcón explained. "Men that wear tighter underwear have altered spermatogenesis based on the scrotal heat."

For the study, researchers collected info and semen samples from 656 men who were at the Fertility Center at Massachusetts General Hospital. These men, who were between 32 and 39 years old, were part of couples seeking fertility treatment.

GETTY IMAGES

At the clinic, the men answered a survey that included the boxers versus briefs debate. The men were asked about the style of underwear they wore in the previous three months and could answer "boxers, jockeys, bikini, briefs or other."

Fifty-three percent of the men reported that they usually wear boxers, and these men were associated with 25 percent higher sperm concentrations and 17 percent higher total sperm counts compared with those who did not primarily wear boxers. The biggest difference in sperm concentration was found between the men who wore boxers and the men who wore jockeys and briefs.

Men who wore boxers also had "higher percentages of motile sperm, or sperm that are capable of moving through the female reproductive system and fertilizing an egg," per the study.

In terms of the hormones, just over 300 study participants also had blood samples collected that showed that men who wore boxers had 14 percent lower levels of FSH.

"Beyond providing additional evidence that underwear choices may impact fertility, our study provides evidence, for the first time, that a seemingly random lifestyle choice could have profound impacts on hormone production in men at both the level of the testis and the brain," said Jorge Chavarro, senior author of the study.

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the GRUMBLE

Pat King
Grumble Editor

ISTOCK

GIVE ME A HEADS-UP!
A common comedic trope in movies and television shows people snickering behind someone else's back if that person leaves a bathroom with toilet paper stuck underneath a shoe or he or she walks through the world blissfully ignorant of an unzipped fly. But my question is, who made it the social norm not to alert someone of something embarrassing like that? It's perfectly fine to laugh at someone who sat in gum, but it's a capital offense to let him or her know something is off. Could it be that people are afraid or feel too awkward to engage with a total stranger about something that could be embarrassing? Chances are that person would be more than appreciative if you said something. Think about it. How mortifying would it be to go into a job interview with BBQ sauce on the side of your mouth? Wouldn't you thank someone for pointing that out? Pay it forward and give them a heads-up! I'm sure you would hope for the same.

READER WRITE-INS:

LEARN UMBRELLA ETIQUETTE!
People really need to learn "umbrella etiquette." Tilting your umbrella slightly to the side on a crowded sidewalk is a good thing. I'm tired of doing the "bob and weave" while walking in the rain! And I'd really rather not lose that eye, I kinda need it to see.
- **Gail Rodgers**, *Metro New York reader*

SUBWAY NAIL CLIPPING
Currently on the train and there is someone clipping their nails! This is not the first time I have encountered this either. It is displeasing to hear and see nails being clipped, let alone flying through the air; to those who believe the subway is a grooming center — no! Please clip at home or go to a salon, thank you!
- **Nic A.**, *Metro New York reader*

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The winning caption from Todd Curtis, *Metro US reader*

TOMORROW'S PHOTO:

GETTY IMAGES

metro.us/horoscopes

Aries Think matters through with care. A steady pace and well-planned strategy will help you avoid an unexpected setback. A partnership will bring out the best in you.

Taurus Before you make a move, get all your paperwork ready. Don't leave anything to chance if you want to avoid a run-in with officials. Opportunity will knock.

Gemini Time spent socializing or networking will pay off. Your charm and playful attitude will attract both personal and professional interest.

Cancer Learn more about the people with whom you are doing business. Knowing what you are up against will make getting what you want easier.

Leo Keep your distance from anyone who tends to overreact or bullies you into something you don't want to do. Change begins within, so make every move count.

Virgo Don't take no for an answer. If you put in the time, the progress you make will prompt others to pitch in. Celebrate your hard work and accomplishment.

Libra Be careful with whom you share your thoughts and feelings. Some people will support and assist you, and others will meddle in your affairs.

Scorpio Do what's best for you. Don't let anyone take over your affairs or decisions. Own what you do and bring about changes that will encourage personal gains.

Sagittarius Put your plans in motion. If you stand up for what you feel is important, you will get the necessary backing to get things up and running. Romance is on the rise.

Capricorn A romantic situation or an involvement with a close friend or relative will be difficult. Aim to stabilize your life by making clear changes to the way you live.

Aquarius If you look good, you'll feel good. Time spent indulging yourself, exercising, eating right and trying to be the best you can be will lift your spirits. Romance is highlighted.

Pisces A professional change or the way you approach your responsibilities will have a big effect. Use your ingenuity to come up with an efficient way to get things done. EUGENIA LAST

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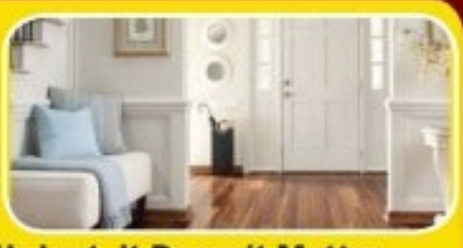
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Dave Grohl is ready to press *'Play'*

DAVE GROHL | PROVIDED

Documentary

Foo Fighters frontman Dave Grohl does not like to rest. Now he's decided to experiment and do something he's been planning for years. "Play," a two-part mini documentary directed by the 49-year-old, is about to be released. Its first part opens with a behind-the-scenes discussion about the love of playing music. And the second part features the recording of a single man playing the instruments live.

10

of August is the date when "Play" will be available on digital platforms. The vinyl version will be released on Sept. 28.

Q&A

DAVE GROHL, musician

How much did you have to memorize for this?
I had to memorize this 23-minute instrumental. It was really to see if I could pull it off, if I could do that. ... It looks like I did it. I set up a lot of instruments with several drum kits, a guitar load, bass and rhythm.

Do you think that's crazy?
At first it sounded ridiculous. It took several hours of sleep away from me during the Foo Fighters tour. This question was always on my mind: Why do it? But I like crazy things, challenges and, above all, having fun.

What was your motivation?
Watching my daughters learn to sing and play drums made me go back in time to when I was their age and listened to albums. As I took their lessons, I saw classrooms filled with children who are really struggling to understand; in the end, you are always looking for the next challenge and ways to improve.

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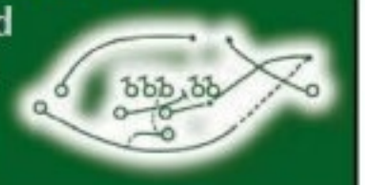

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Third time's the charm for South Philly Barbacoa

Cristina Martinez and Benjamin Miller at El Compadre. REESE AMOROSI

The Italian Market home is now bigger and better than ever.

A.D. AMOROSI
letters@metro.us

The first time immigration-rights activists and wedded restaurateurs Cristina Martinez and Benjamin Miller opened shop to sell barbacoa — a traditional Mexican cooking method of butchering and slow-cooking lamb — under the name South Philly Barbacoa, they did so in 2015 at a small shop on 11th and Morris off East Passyunk Avenue's culinary mile.

That was out of necessity: tiny space, new businesspeople. When they moved to the lower half (below Washington) of the Italian Market in 2017, they did so due to tragedy: Martinez's son Isaias, a fellow restaurateur, passed away, and she and Benjamin wished to honor Isaias' memory by moving to his 1149 S. Ninth St. address. Once there, Martinez and Miller used the son's restaurant name (El Compadre), as well as their own, South Philly Barbacoa. One year later, it is the success of Martinez and Miller's El Compadre with its barbacoa, its proximity to Ninth Street's deep Mexican population, its political activist-driven

art gallery shows and its special event dinners with a wealth of diverse chefs that has the pair moving again — to a larger space kitty-corner to 1149 S. Ninth St.

As of Monday, South Philly Barbacoa resides on the corner at 1140 S. Ninth St. To guarantee its continued activist lean from the get-go, the new spot held an opening that doubled as a political rally for Democrat Mike Doyle, and against Republican Martina White (and her conservative stance against sanctuary cities), for Pennsylvania House District 170 representative in the November 2018 elections. This event comes on the heels of Mayor Jim Kenney's trailblazing decision not to renew Philadelphia's contract with ICE to share information in the city's PARS criminal justice database.

While South Philly Barbacoa is open Saturday, Sunday and Mondays from 5 a.m. (!) until it sells out, El Compadre remains open Monday through Friday from 7 p.m. to 3 p.m., serving tortas and guisados.

"It is always nice to be in the thick of the Mexican community here," Martinez says while strolling the Italian Market for supplies, as Miller applies tile and broken mirror glass to

Get the scoop on South Philly Barbacoa. A.D. AMOROSI

the mosaic outside their new El Compadre corner. "The 11th and Morris space was intimate, but I think a lot of our audience may have felt uncomfortable coming down there, what with ICE officials. The second space of my son's? It was lovely, but we outgrew it. But we stay in this neighborhood because we love it. This market is more comfortable for our people. This is their home, our home, and has been for some time."

Both Martinez and Miller usually lace conversation about food with that of immigration-based political activism. "We aren't the front line of activism, but we do have a platform because of the food," says Miller, who formed the Philly-based Popular Alliance for Undocumented Workers' Rights organization and its #Right2Work initiative. He formed these in consideration of the plight of his wife, Martinez, an undocumented worker from Mexico who walked the lengths and breadths of a Mexican desert in 2009 to get to America and make money for her children who remained in her homeland.

As she did in Mexico, Martinez still butchers, then slow-cooks beef, lamb and such to succulent, steamy perfection, while friends and family make tortillas of corn from an indigenous Zapatista community in Chiapas, a corn named after Martinez's son Isaias. This dedication to the artisanal and the handmade is how a fantastic and now-famous Mexican restaurant — one acclaimed by Bon Appetit magazine — can serve helpings of social justice and live art activism with what is notably the best barbacoa in the area.

Ask Martinez what it means for Philadelphia to remain a sanctuary city, and she states that it is crucial to Mexican-American life, not only here but throughout the United States. "It's important that we not only remain a sanctuary, but expand the notion of sanctuary, and continue building unity through many communities that are threatened," she says. "We want to see more cities become sanctuary, following the lead of Philadelphia."

As the Italian Market has blossomed into a Mexican and Korean marketplace, such sanctuary policies are invaluable regarding business sustainability. "The sanctuary policy gives our business and other businesses more security, and this is important for the mental well-being of the community," says Martinez. "The Mexican people here are growing individually and culturally, adapting to Philadelphia and being open and growing even more."

But El Compadre's activism isn't solely concentrated on immigration rights. Two weeks ago, Martinez and Miller gathered 13 young, little-known African-American Philadelphia chefs at their Ninth Street space. The pop-up event, "Cooking for the Culture," sold out so fast, and was so welcomed by the neighborhood, that crowds spilled out onto the street in celebration. On Aug. 20 at 6 p.m., El Compadre co-hosts the second "Cooking for the Culture" dinner at North Broad Street's South Jazz Kitchen.

"We hope the people continue to come together in unity for all of our rights," says Miller about all El Compadre events. "Our food and gallery shows are artistic, collaborative and culinary rather than overtly political, and our rallies are deeply dedicated to change. But any act where a diverse group of creative people comes together to create and interact is a political act in itself in these times of divisive rhetoric."

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'Murphy Brown' will make a splash when it returns

From President Donald Trump to the #MeToo movement, the revival will cover it all.

ANDREW HUSBAND
letters@metro.us

"Murphy Brown" returns Sept. 27 at 9:30 p.m. on CBS. CBS

The popular CBS sitcom "Murphy Brown" ran for 10 seasons, from Nov. 14, 1988, to May 18, 1998. Created by Diane English and starring Candice Bergen, the show followed the latter's titular character, an investigative reporter and anchor of the fictional news program "FYI," as she navigated the wide world of the news media.

This past January, CBS revealed that English, Bergen and most of the series' original cast would return for a "Murphy Brown" revival. Slated to premiere Sept. 27, the reboot will almost perfectly commemorate the program's 30th anniversary, all while thrusting Brown and company into a brand-new world rife with 24-hour cable news channels, social media and other perilous pitfalls.

Following the principal cast and crew's presentation at the recent Television Critics Association summer preview, far more is known about what the "Murphy Brown" revival will entail.

Brown has her own show

Instead of retaining her duties as host of the "FYI" program, Brown now heads her own a.m. news show, "Murphy in the Morning." Entertainment Weekly revealed the show-within-a-show's set in late January, when the magazine published exclusive photos from the revival's first table read with the cast. "It's an incredible thing when you can step away from something you care so much about, and now, 20 years later, it's as if not a day has passed," said English.

#MeToo episode

During the series' TCA panel, reporters asked the cast and crew about the allegations of sexual misconduct against CBS CEO Leslie Moonves unearthed by reporter Ronan Farrow. English's response? "I just want to say on behalf of everybody on our show, we take the allegations of sexual conduct extremely seriously," she said. "So seriously that we actually developed an episode about the #MeToo movement many months ago."

As for the allegations against Moonves specifically, English said the show "[supports] the investigation fully," adding: "None of us had a negative experience like that at CBS. We never experienced any kind of sexual misconduct. No one on my crew has." Oh, and the #MeToo episode's title? "#MurphyToo."

President Trump's attacks on the press

Unsurprisingly, President Trump's seemingly unending line of attack against the press, typically dubbed "fake news" whenever the particular outlet or story is critical of him, is having an effect on Murphy Brown. As Bergen explained at TCA, "The news now, thanks to our president, is in constant turmoil. I think it will be reassuring to see Murphy sticking up for the press and sticking up to the president."

As for the very real possibility that the show's positive focus on the news media may draw Trump's ire, Bergen and company are readying themselves. "I don't know what the reaction will be, and I'm trying to brace myself," said the star.

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Unplug yourself: work less to live more

A schedule with less than eight hours is not about laziness! It is a way to become more productive.

LUZ LANCHEROS
MWN
letters@metro.us

When looking at the workday of poor Andy Sachs of iconic 2006 comedy-drama "The Devil Wears Prada," many could not imagine such a terrible job. And by terrible we mean endless. However, according to this year's statistics, 50 percent of employees in the United States continue to keep track of incoming emails on their phones even before going to sleep.

This new dynamic is, in fact, a double-edged sword. If a person has a more personalized timetable, there is a need to be constantly connected to the internet. The office culture, on the other hand, did not change much — especially in regard to legal working hours and vacations.

Both of the the working ways, although, lead to physical and mental health issues. Research conducted by Columbia University Medical Center, for example, monitored 8,000 people and found out their average period of inactivity was 12.3 hours. And those who were sitting more than 13 hours per day were twice as likely to die prematurely than those who were doing so for 11.5 hours.

Another study by University College of London looked into the habits of 85,000 employees and found out that excess work was related to cardiovascular problems. Earlier this year, Europe's largest industrial union, IG Metall, made international headlines after a 24-hour "warning strike" compelled employers to sign a deal with the union giving its members the right to a 28-hour workweek.

New Zealand also saw a landmark trial of a four-day workweek, which concluded as an unmitigated success. According to the Perpetual Guardian, a company that manages trusts, wills and estate planning, 78 percent of employees were feeling they were able to manage their work-life balance.

However, not everything is so perfect. Sweden has been experimenting with six-hour days. But last year, the two-year trial ended because the country is struggling to recruit enough personnel to take care of the aging population. Reportedly, workers increased productivity and had fewer problems, but the costs exceeded the benefits.

What counts are the actual laws in each country. And whether they are harsh or not, workers have to maintain a balance between life and work. Because being connected 24/7 will make you less competent and less essential.

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SPORTS

Carlos Santana still has time to prove doubters wrong. GETTY IMAGES

SANTANA HASN'T DELIVERED BUT THERE'S TIME

THE SPORTS PROFESSOR

GLEN MACNOW
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Can we be honest about Carlos Santana?

The Phillies high-priced first baseman has prompted our town's most divisive debate since "The Process," with the argument falling along the same divide of old-school fans versus devotees of analytics.

The peanut-and-beer brigade looks at Santana's .215 batting average, his plodding speed and inconsistent defense (his eight errors tie for most among MLB first basemen) and conclude GM Matt Klentak was high on egg nog last December when he signed Santana to a three-year, $60 million deal.

But the calculus crowd pores over the ledger sheet and discovers other, wondrous numbers. They boast of Santana's .352 OBP. They gasp at his ratio of 88 walks to 71 Ks. They marvel that he sees 4.21 pitches per at-bat, explaining that his patient approach — now manager Gabe Kapler's team approach — wears out opposing pitchers, creating more chances for the Phils.

That last argument might be persuasive if this team didn't rank last among NL contenders in runs scored. These days, tiring out opposing starters mostly means inviting in bullpens stocked with 95-mph flame-throwers.

As usual, the truth

lies in between. Santana is not a free-agent bust of Gregg Jefferies proportions, but he's a far cry from the production we saw from Jim Thome and Ryan Howard in recent decades. His current season most closely mirrors the 2001 campaign of much-maligned 1B Travis Lee. If you doubt me, look up the stats.

On the one hand, Santana is on pace for 91 RBIs — not special, but not bad. On the other hand, his .396 slugging percentage ranks 96th among NL hitters with 200-plus plate appearances — behind slap hitters like Ketel Marte and Kurt Suzuki.

As we noted, he walks. A lot. But having a slow-footed 1B who walks is like having a clunker of a car with a great sound system. It's not really the priority. It would help if Santana swung more with runners aboard. Or if his ability to get on base was supplemented by more speed than your average Roomba.

Santana's defense at 1B is middling, but there's another factor here. Bringing him in pushed incumbent Rhys Hoskins to left-field. As a first baseman, Hoskins was passable. As a leftfielder, he plays like he's got pitchforks for hands and cinder blocks for feet.

Here's the bottom-line number: Now 117 games into the season, Santana's OPS-plus (which measures a player's offensive production relative to his home ballpark) stands at 100. As every seam-head knows, that means he is an average player. Exactly average.

What the stats don't measure is Santana's leadership role. No doubt he's a mature veteran presence. He's been to the postseason three times. Phils insiders love to speak of his positive impact toward Maikel Franco's resurgence this season.

All of that becomes critical over the next six weeks of the pennant race. The Phils have seven more games against Atlanta, nine against desperate Washington. Coming off a 2-4 Western swing, they must wrestle the incredible Red Sox at home this week. After that, they get the putrid Mets, but Jacob deGrom and Noah Syndergaard are anything by easy wins.

This is where Santana can prove his value. Big-time players rise to the moment. The Phils need Santana to get the bat off his shoulder and deliver key hits down the stretch. He and pitcher Jake Arrieta were signed to lead the youngsters in these pressure-packed games.

A few late-season heroics, and we can all stop debating.

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Jeffery could start season on PUP list

The Eagles WR is still rehabbing from a torn rotator cuff.

JOVAN ALFORD
jovan.alford@metro.us

This offseason and into the preseason, there has been a lot of attention on the rehab process of Eagles quarterback Carson Wentz. However, one of his top receiving targets is also rehabbing from an injury that could keep him out for an extended period of time.

Ian Rapoport of the NFL Network reported on Monday that Eagles wide receiver Alshon Jeffery is "progressing according to plan" but could stay on the physically unable to perform list to begin the regular season.

If Jeffery does start the regular season on the PUP list, he would miss the Eagles' first six games and would be eligible to return in Week 7 against the Carolina Panthers.

Jeffery is rehabbing from torn rotator cuff surgery, which he had after the Eagles defeated the New England Patriots in Super Bowl LII. The former Chicago Bears wideout suffered the injury during last year's training camp and played through it.

With a banged-up shoulder, Jeffery racked up 57 receptions (120 targets) for 789 yards and nine touchdowns. The Eagles rewarded Jeffery for his play toward the end of the season, signing him to a four-year, $52 million contract extension.

In addition to his play in the regular season, Jeffery also played a huge role in the Eagles' postseason run.

Jeffery compiled 85 receiving yards and two touchdowns in the NFC championship game while adding 73 receiving yards and a touchdown in the Super Bowl.

A few days ago at training camp, Eagles head coach Doug Pederson was asked about Jeffery's rehab and mentioned that he is currently in the "strength phase."

"He's doing a great job with his rehab. He is in, I would say, more the strength phase with the weights and that part," said Pederson. "He's still doing his lower-body conditioning with running and doing some things that way with his legs, making sure his cardiovascular is good."

"He can't do a ton of stuff yet necessarily on the field because of the motion of the arm swing, but we can get him in the tanks, the pools, the AlterGs, things like that, and get his cardio up. But kind of in the strength phase right now and really doing a nice job."

The Eagles should not be in a hurry to rush Jeffery back because they still have a number of explosive offensive weapons. If Jeffery does not play, then expect to see Mike Wallace, Nelson Agholor, and Mack Hollins receiving a lot of snaps.

Outside of wide receiver, Wentz will have tight ends Zach Ertz and rookie Dallas Goedert as receiving options along with a multitude of running backs.

Alshon Jeffery is rehabbing from a torn rotator cuff. GETTY IMAGES

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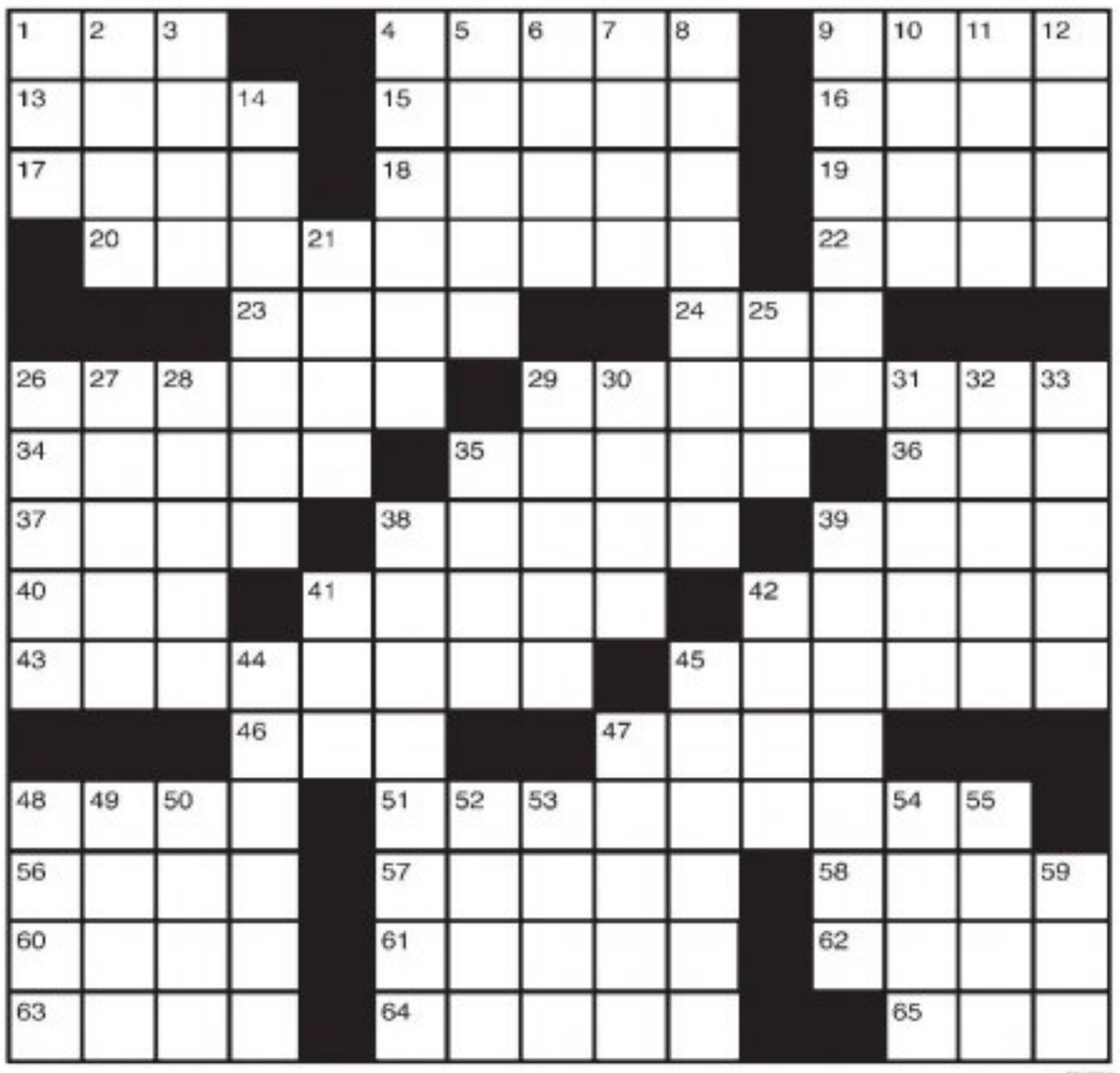

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ACROSS

1 Get __ of; shed
4 Drescher and Tarkenton
9 Joke around
13 Head covering
15 New Delhi dollar
16 Sore
17 __ more; again
18 Perfect
19 Goatee's place
20 "Beat it!"
22 __ wolf; solitary
23 Entomb
24 Weep
26 Clothing protectors
29 Plant scientist
34 Bird bills
35 Refuge
36 Singing couple
37 Annoys
38 Uninterested
39 Italian auto
40 John __; unknown man
41 Refueling ship
42 __ a point; show that you're right
43 Imperil
45 Smiled broadly
46 Pasture cry
47 Actress __-Na Wen
48 __ market; swap meet
51 Suer
56 Angora or ibex
57 Sixteen ounces
58 Actor Jack
60 Give a job to
61 Cyclist Armstrong
62 Observed
63 Traveler's stops
64 "__ the Dragon"; Bruce Lee film
65 Golf ball holder

DOWN

1 Sorority letter
2 McKellen and McShane
3 Richard's nickname
4 Monastery residents
5 Not at all pale
6 Mimicked
7 Actress Patricia
8 Chose
9 Actress Smith
10 Resound
11 Part of the lower leg
12 Tim Daly's sister
14 Athletic shoes
21 Final bills
25 Hightailed it
26 Can't __; finds intolerable
27 Juan or Evita
28 Gathered leaves
29 Less adorned
30 Finished; done
31 Common phrase
32 Debonair
33 Carried
35 Cavity
38 New York City
39 Brittle; easily broken
41 "Put __ Happy Face"
42 __-up; confined
44 Lessens
45 Student's paper holder
47 Chop finely
48 File drawer, perhaps
49 Cut of pork
50 Make money
52 Money borrowed
53 Family tree member
54 Racer A.J.
55 Untethered
59 Presidential monogram

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M	J	R	E	R	M	R	E	C	L
O	E	D	D	T	V	P	U	I	A
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6		3	5					
		8	7	2	4			9
	9	7			3	8	2	5
		2	8	9		4		

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